

# Increase your fertility naturally.

How to get pregnant using the power of natural methods that most medical professionals greatly underestimate.



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## **What is natural fertility?**

Natural fertility simply refers to a couple's natural chances of becoming pregnant. Many women can increase their chances simply by recognizing their subtle fertility signs. Often, couples have difficulty getting pregnant because they are having intercourse at times when the woman is not ovulating. And more than 50% of infertile couples say that they have sex less than once a week and one third say that they have sex even less than once a week, often only once a month and this is just not good enough.

A woman's life goes in cycles. When you learn to live in harmony with your cycles of fertility, achieving pregnancy will become much easier for all women.

The main point in natural fertility is body awareness. The more you understand what you are doing and why, the more control you have regarding your own fertility.

Natural methods of fertility control return power to the individual (you). Part of understanding comes from the discovery that sex and reproduction are aspects of the same process and not two different events.

If there is one area of our lives where the natural approach is appropriate, it is surely that of fertility. This is where we can look to Mother Nature for guidance. Nature has given us all unmistakable and wonderful signs to when we are fertile. We just have to learn how to recognize these signs and use them for the appropriate purpose: to achieve conception.

Natural fertility methods cannot really be taught. A teacher or a book can only guide you to read and interpret the signs of your own body. You, yourself will discover your own fertility.

And this discovery will fill you with awe and love for the cycles of creation for which you are a part. We are the only animal species that does not show signs of being fertile in an open way. Some where back in time we lost the ability to show the world we were fertile, but the tell tail signs are still there if we know where to look. This is what you will learn to do with your own body by the time you finish this book.

It is better if you take time to learn. The best time is when you are not under any pressure to have sexual relations. If you do not have a partner, or your partner is away for a few weeks, take that opportunity to begin this process of self-discovery. You will both benefit from the increased communication and respect that comes from taking responsibility for your own fertility. Once you learn how to identify your natural cycles, you can use these to give yourself the best chance of success in your quest to fall pregnant.

### **Benefits of Natural Fertility Control.**

When you use a natural method of fertility control, you may expect increased communication and cooperation in your relationship. This alone can have a major bearing on your chances for getting pregnant as you take a lot of stress out of the situation. And stress could be one of the major factors in not being able to fall pregnant.

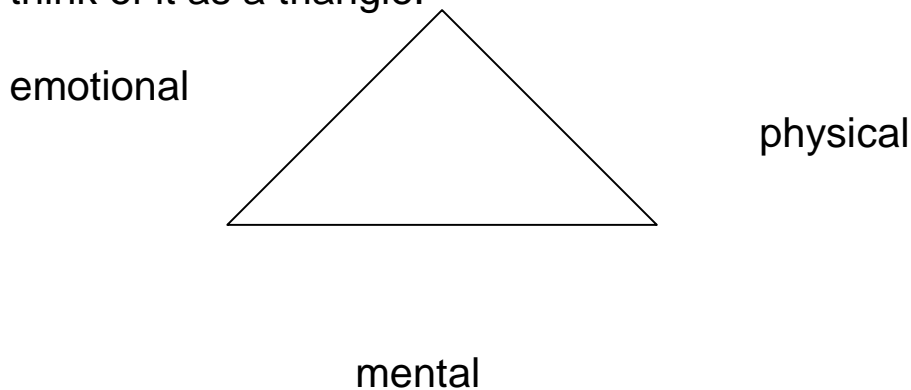
The Success of any natural fertility method depends on both of you. A cooperative partner is a big help for a woman using these methods and most relationships flourish as a result of adopting them. The quest becomes fun and not a chore as many couples find sex exciting and loving again, not just do it now and see what happens and quickly get it over with.

Using natural fertility methods help you to avoid many dangerous side effects of fertility drugs. And don't forget you can also use the methods to stop getting pregnant once you have that little bundle of joy. You will not need to go back on the pill.

**The “Other Factor” which is important to achieve great success in implementing natural fertility methods is harmony between body, mind and spirit.**

“How is it all related to fertility?”- You may ask. The answer is simple. To know exactly when you ovulate (when you have a high probability of pregnancy) you should be really in tune with all the processes of your body. You have to be able to notice little changes your body goes through during the menstrual cycle and learn to feel the minimal sensations that take place in some parts of your body during different phases of your menstrual cycle.

In order to understand this “other factor” it's important to recognize that human beings are made up of three components—physical, mental and emotional. (The ancient Chinese talk about people being made up of four components, and include the spiritual. I will assume that this is something that you can take care of for yourself). You can think of it as a triangle:



If any of the three sides are not functioning, the triangle becomes unbalanced. In order to achieve good fertility control naturally, research shows that all three components must be functioning well.

For example, if you are emotionally unwell (stressed or under pressure) you are unlikely to feel the minimal sensation in your genital area, breasts, low abdomen that your body sends you before during or after ovulation.

If mentally you are unaware about what changes your body goes through during the menstrual cycle you will have difficulty conceiving.

And finally, if your body is not well (physical illness) – achieving good fertility naturally would be extremely difficult also.

So, if you want to use natural fertility methods with high success you should look at yourself from a holistic point of view: how you are emotionally, mentally and physically. If some of these parts are unbalanced please make sure that you are working on it to balance them.

If your emotional part is out of control at the moment – start meditation everyday, yoga or some kind of relaxation techniques. If your body is not in great shape – start regular exercises or walking or go to a gym. The mental part is awareness and knowledge of what you should observe within yourself. If you don't know what exactly this is then you will get this knowledge by reading this book, so don't worry.

## **Importance of preconception care. (Improving your health before falling pregnant)**

Preconception care improves your chances of falling pregnant more easily, having a healthy pregnancy and a healthy baby.

Preconception care makes sense when you consider that eggs take approximately 100 days to mature and sperm takes up to 116 days to generate. During this time they both are vulnerable to toxicity and nutrient deficiency; hence the health of both people for 4 months prior to conception is extremely important.

### **What steps can you take to improve your health and what things should you avoid?**

Some simple steps you can undertake include:

1. *Eliminate caffeine.* Some women are not sensitive to caffeine but many are extremely sensitive. Just completely eliminating caffeine often immediately enhances fertility. If you find this hard you can use a substitute coffee beverage, you can buy them at the health food store.
2. *Drink about 8 glasses of non-chlorinated water each day.* Good hydration is important for all biological functions. Chlorine and it's by products may reduce fertility. They can act in two ways. They can bind to your hormones, altering their function. Chlorine can compete with Iodine, reducing its uptake by the

Thyroid gland. If you use to drink *chlorinated water* stop it, change it to non-chlorinated water and have a body cleansing and liver - colon de-tox. Buy good quality bottle water to drink and don't drink tap water as this is normally treated with different chemicals.

3. *Eat the right fats.* Eggs, fish (mercury free), nuts and seeds, olive oil and avocado are good fats. These are all great fertility foods. Many women are infertile because their diet is too low in fat and they are deficient in essential fatty acids and fat-soluble vitamins. Many have taken the "low cholesterol" message to mean "no fats" and this has often had unfortunate consequences. Fish also provides Iodine, which is essential for normal thyroid function.

4. *Quit smoking cigarettes.* I know it may be difficult but you have to make up your mind what is more important to you, having a baby or having a smoke?

5. *Avoid alcohol* - Alcohol even in moderation has been found to reduced the chances of falling pregnant. Once pregnant there has been no safe level of alcohol identified - so ideally avoid alcohol all together. Alcohol decreases the absorption of some vitamins (especially B vitamins) and increases the elimination of Zinc and other important vitamins and minerals in the urine. B vitamins are involved in production of sex hormones, and are directly linked to fertility levels in both men and women. If you think that you have drunk too much alcohol in the past and think you still have some consequences from it, a liver de-tox can help revitalize your system.

6. *Avoid medication* unless recommended by a doctor (make sure that they are aware that you are trying to fall pregnant).

This includes medication you can purchase over the counter.

7. *Avoid contact with chemicals* - You can use alternative green cleaning products, do not treat the house for pests, avoid passive smoking and use safety precautions at work if in contact with hazards e.g. Chemicals, lead etc. You can use old-fashioned cleaning recipes, e.g. using sodium bicarbonate solution to clean surfaces, salt for scouring, and diluted white vinegar for cleaning floors.

8. *Avoid over heating* - particularly saunas and spas (mainly for men). Remember, heat stops sperm production. If exercising make sure you wear cool, comfortable clothing.

9. *If you do not exercise*, try to start a reasonable and regular exercise routine - this has great benefits for pregnancy as well as on your general health.

10. *Meditate and relax at least three times a week*. You also can practice yoga. Meditation improves your chances of getting pregnant by 80% (assuming your infertility is due to high level of stress and tiredness). There are specially design mediation CDs for getting pregnant and if you are interested you can access them here [Click Here to Read!](#)

11. *Eat at least 5 serves of (organic if possible) colored vegetables every day*. When eaten raw or lightly cooked these provide the necessary vitamins, minerals, folate and antioxidants.

12. *If you have a cat*, get someone else to empty the kitty litter due to the risk of infection with toxoplasmosis.

13. *Eat lean meat once or twice a week.* Liver is particularly rich in nutrients. Meat is rich in iron and several of the essential B group vitamins.

14. *Eat only low glycaemic index (GI) carbohydrates.* These are the high fibre, low processed types. Choose foods that are GI 35 or lower. Eating high GI food frequently leads to “Insulin Resistance”, a common cause of infertility. High GI foods are undesirable for anyone wanting to conceive a truly healthy baby.

15. *Eat from as wide a range of food as possible and try to eat organic or at least “low spray” food.* It is important to avoid chemical spray. Organic produce is also reported to have higher nutritive value.

16. *Exercise daily or several times a week.* This doesn't have to be hard exercise but it must get the blood pumping around your body. Exercise also helps remove stress from the body.

17. *Be either the correct weight or a little over weight.* In studies it is shown that 60% of underweight women were infertile. Being slightly overweight seems to enhance fertility but being very overweight or obese greatly reduces fertility.

18. *Avoid stress.* Stress and fertility do not go together. Whether it's a tough job or living with your mother in law, a woman is unlikely to get pregnant until she relaxes. Special relaxation CDs for achieving pregnancy are available you can access them here [Click Here to Read!](#)

19. *Look after your teeth and gums.* This is essential for a normal pregnancy. Gum disease is associated with late miscarriage and premature birth.

20. *If you are over 35, take 1000 mg of Evening Primrose Oil daily.* When we reach our 30's our ability to convert Linoleic Acid to GLA is reduced. GLA is required to produce an important hormone called Prostaglandin E1 (PGE1). PGE1 has a major role in regulating hormones and taking Evening Primrose Oil provides a natural source of GLA. Taking EPO with Sesame seeds is best. The Sesame stops GLA from being converted into Arachidonic Acid.

21. *Avoid chemical exposures.* Use natural cleaning agents like lemon or vinegar and bicarbonate of soda. Abrasive scourers are fine on surfaces that don't scratch and cloths that are designed to pick up dirt are also very good. Don't use synthetic air fresheners and minimize perfumes and fragrances. Many chemicals but especially solvents and ammonia can reduce fertility. If you have been exposed to chemicals or have had a bad diet, use a liver cleanse or de-tox before you attempt to become pregnant.

## **Basis of the natural fertility method.**

The method is based on the careful observation of your body and the knowledge of basic processes your body goes through during menstrual cycles.

As you become familiar with your body's ovulation and fertile

